

# Community Garden News

## City of Loma Linda

August 2005

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES



### Upcoming Vegetable Exchange Dates:

- Saturday,  
July 30th
- Sunday,  
July 31st
- Saturday,  
August 13th
- Sunday,  
August 14th
- Saturday,  
August 27th
- Sunday,  
August 28th



## GRILL'N TIME

We all look forward to the carefree summer months. It's time to put away those winter comfort foods for some summer fare. Warm weather meals often include chilled salads, grilled entrees, and fresh veggies from the garden.

While salads sound light and refreshing, that may not be the case. Summer salads are usually rich with mayonnaise, sour cream, and/or salad dressings. A cup of a mayonnaise based potato salad, for instance, can have as many as 400 calories and 30 grams of fat! Many of the "lite" or low-fat products are great substitutes for their high-fat counterparts. But if you are looking for that real mayonnaise flavor, combine the low fat mayonnaise (such as Hellmann's Just 2 Good) with a little regular added for that unmistakable flavor. The fat-free sour cream works well in chilled dishes and for heated dishes use drained nonfat plain yogurt. You have a lot of really good choices when it comes to lower fat salad dressings. There are many delicious light dressings on the market that work beautifully in any salad.



There are also many wonderful fresh vegetables during the summer months. Rather than heating up the kitchen, try grilling your veggies. Since the grill is already fired up for the entrée, it makes sense to make room for a side dish or two. Put a variety of vegetables (all cut to about the same size) in a foil package and put over indirect heat on the grill. This basically steams the vegetables, but you don't get much of a grilled taste. You can also brush the vegetables with vegetable oil, season them, and place them directly over the coals. Turn them frequently and cook until tender-crisp. A variation of this method is to skewer the vegetables. Some of the best vegetables to put directly on the grill are:

- thick slices of squash, zucchini and eggplant
- wedges of onion and potatoes
- green, red, and yellow peppers cut into large slices
- whole mushrooms (all varieties)
- corn on the cob

Treat the family tonight to a delicious, colorful, and nutritious side dish.

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California Healthy Cities  
and Communities



## Take it From a Master

If weeds and pests seem to be the things you can count on the most in your garden, it may help to consider some ways to combat them this year and assure they won't return with so much vigor in following seasons. To "sustain" your garden in a positive way, so you can enjoy the fruits of your labors

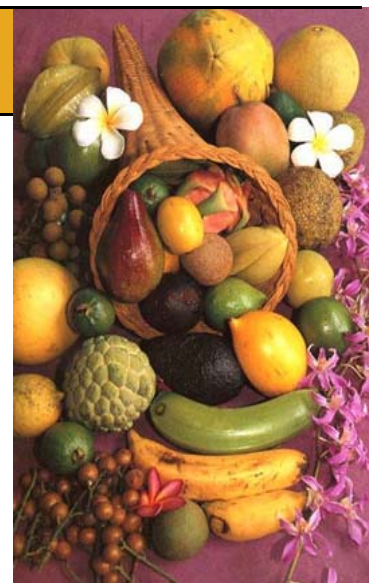
1. Choose varieties that do well in your locale. Even though your sister's Big Boy tomatoes do well in Riverside, your garden in Venice may do better with Siberia tomatoes. Experiment with varieties you've never tried before, but include your dependable producers.
2. Include plants that attract beneficial insects, such as ladybugs and lacewings, to your garden. These plants include the Umbelliferae family (blooms that look like upside-down umbrellas): carrots, dill, cilantro coriander; and the Compositae family (blooms that look like daisies): asters, calendulas, coreopsis, gazanias, sunflowers, and zinnias
3. Water deeply but not frequently. Make sure water reaches the bottom of the root zone for the specific plants: only 6 inches for lettuce, but 3 feet for tomatoes. Depending on your soil type -- sand, silt, or clay -- you may still need to water only once a month now, and once a week when our daytime temperatures are over 95 degrees
4. Visit the garden every other day or so to harvest the plant goodies and also be aware of good and bad insect populations. Don't worry about a few nibbles here and there, but do figure out who's doing the greatest damage, investigate options, and decide what to do next.

## RECIPE CORNER

### Fruit Layered Island Delight

#### **Ingredients:**

4 cups angel food cake, cut into 1-inch cubes  
1.5 cups Amaretto flavored coffee creamer  
1/3 cup Equal® Spoonful\*  
1 ripe mango, peeled, seeded, chopped  
1 cup fresh OR canned pineapple, drained  
2 medium bananas, peeled, cut into 1/2-inch thick slices  
1 (8 ounce) package reduced fat cream cheese, softened  
1 (8 ounce) container frozen light whipped topping, thawed  
\* 1/2 cup toasted flaked coconut (optional)



#### **Directions**

Place angel food cake cubes in bottom of an oval casserole or trifle dish. Combine 1/2 cup coffee creamer and Equal®. Drizzle creamer mixture over cake. Top cake with mango, pineapple and bananas. Beat cream cheese until smooth. Gradually beat in remaining 1 cup coffee creamer. Gently fold in whipped topping. Spread cream cheese mixture over fruit. Sprinkle with toasted coconut, if desired. Refrigerate 2 to 3 hours before serving. \* May substitute 8 packets Equal® or Splenda® sweetener